

### **February Heart Month: Week 3**

#### **Learn CPR and How to Use an AED**

The City of Newton is partnering with Cataldo Ambulance Service, Inc. to offer a free Family & Friends CPR class for Newton residents.

Family & Friends CPR is an American Heart Association program for people who want to learn CPR but do not need a certification card for their job or volunteer position. Participants will learn how to:

- Respond in a medical emergency
- Perform basic adult, child and infant CPR
- Provide adult, child and infant relief of choking
- Operate an Automated External Defibrillator (AED)

This class is for adults and teens age 14 and older. It will be held on Sunday, March 11 from 1 to 4 p.m. in the Newton North High School cafeteria, 345 Walnut St. Pre-registration is required. Visit [www.newtonma.gov](http://www.newtonma.gov) and click on February Heart Month to follow the registration link, or call (617) 796-1420. Registration begins Feb. 15.

*This is week three of a month-long Heart Month series from the Health and Human Services Department.*